

Full Report (All Nutrients) 15134, Fish, wolffish, Atlantic, raw

Report Date:October 09, 2015 17:48 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	0.5 fillet 153g
Proximates						
Water	g	79.90	9	0.764	67.92	122.25
Energy	kcal	96	--	--	82	147
Energy	kJ	402	--	--	342	615
Protein	g	17.50	2	--	14.88	26.78
Total lipid (fat)	g	2.39	4	0.542	2.03	3.66
Ash	g	1.16	1	--	0.99	1.77
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Minerals						
Calcium, Ca	mg	6	--	--	5	9
Iron, Fe	mg	0.09	--	--	0.08	0.14
Magnesium, Mg	mg	30	--	--	26	46
Phosphorus, P	mg	200	--	--	170	306
Potassium, K	mg	300	--	--	255	459
Sodium, Na	mg	85	--	--	72	130
Zinc, Zn	mg	0.78	60	0.033	0.66	1.19
Copper, Cu	mg	0.029	58	0.003	0.025	0.044
Manganese, Mn	mg	0.015	--	--	0.013	0.023
Selenium, Se	µg	36.5	--	--	31.0	55.8
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.180	3	0.021	0.153	0.275
Riboflavin	mg	0.080	3	0.006	0.068	0.122

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Niacin	mg	2.133	3	0.203	1.813	3.263
Pantothenic acid	mg	0.570	3	0.040	0.484	0.872
Vitamin B-6	mg	0.400	--	--	0.340	0.612
Folate, total	µg	5	--	--	4	8
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	--	--	4	8
Folate, DFE	µg	5	--	--	4	8
Vitamin B-12	µg	2.03	3	0.145	1.73	3.11
Vitamin A, RAE	µg	113	2	--	96	173
Retinol	µg	113	2	--	96	173
Vitamin A, IU	IU	375	2	--	319	574
Lipids						
Fatty acids, total saturated	g	0.365	--	--	0.310	0.558
14:0	g	0.066	1	--	0.056	0.101
16:0	g	0.253	1	--	0.215	0.387
18:0	g	0.046	1	--	0.039	0.070
Fatty acids, total monounsaturated	g	0.837	--	--	0.711	1.281
16:1 undifferentiated	g	0.189	1	--	0.161	0.289
18:1 undifferentiated	g	0.516	1	--	0.439	0.789
20:1	g	0.114	1	--	0.097	0.174
22:1 undifferentiated	g	0.018	1	--	0.015	0.028
Fatty acids, total polyunsaturated	g	0.845	--	--	0.718	1.293
18:2 undifferentiated	g	0.020	1	--	0.017	0.031
18:3 undifferentiated	g	0.009	1	--	0.008	0.014
18:4	g	0.061	1	--	0.052	0.093
20:4 undifferentiated	g	0.089	1	--	0.076	0.136
20:5 n-3 (EPA)	g	0.307	1	--	0.261	0.470
22:5 n-3 (DPA)	g	0.043	1	--	0.037	0.066
22:6 n-3 (DHA)	g	0.316	1	--	0.269	0.483
Cholesterol	mg	46	--	--	39	70
Amino Acids						
Tryptophan	g	0.196	--	--	0.167	0.300
Threonine	g	0.767	--	--	0.652	1.174

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Isoleucine	g	0.806	--	--	0.685	1.233
Leucine	g	1.422	--	--	1.209	2.176
Lysine	g	1.607	--	--	1.366	2.459
Methionine	g	0.518	--	--	0.440	0.793
Cystine	g	0.188	--	--	0.160	0.288
Phenylalanine	g	0.683	--	--	0.581	1.045
Tyrosine	g	0.591	--	--	0.502	0.904
Valine	g	0.902	--	--	0.767	1.380
Arginine	g	1.047	--	--	0.890	1.602
Histidine	g	0.515	--	--	0.438	0.788
Alanine	g	1.058	--	--	0.899	1.619
Aspartic acid	g	1.792	--	--	1.523	2.742
Glutamic acid	g	2.612	--	--	2.220	3.996
Glycine	g	0.840	--	--	0.714	1.285
Proline	g	0.619	--	--	0.526	0.947
Serine	g	0.714	--	--	0.607	1.092